

CONQUERING COMPLAINING

June 28th, 2009

Complaining makes you unhappy and everyone else around you
Philippians 2:14-15 (NIV) "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe."

Four Common Types Of Complainers

1. The "W hiner" – "It's not fair. I don't deserve this."

Psalms 73:13 (LB) "[David] Have I been wasting my time? Why take all the trouble to be pure? All I get out of it is trouble and woe."

Matthew 20:11-12 (GN) "They took their money and started grumbling against the employer... 'We put up with a whole day's work in the hot sun – yet you paid them the same as you paid us.'"

Life is not fair - as long as you complain about that fact, it makes you miserable

2. The "M artyr" – "No one appreciates me."

Numbers 11:11-15 (LB) "Moses said to the Lord, 'Why pick on me, to give me the burden of a people like this? I can't carry this nation by myself... If you're going to treat me like this, please kill me right now – it will be a kindness! Let me out of this impossible situation!'"

This person is constantly throwing pity parties

3. The "C ynic" – "Nothing will ever change."

Ecclesiastes 1:2-4,9 (GN) "[Solomon] 'Life is useless... you spend your life working and what do you have to show for it?... the world stays just the same... what has been done before will be done again.'"

4. The "P erfectionist" – "Is that the best you can do?"

Proverbs 27:15 (GN) "A nagging wife is like water going drip, drip, drip on a rainy day."

Proverbs 21:19 (GN) "Better to live out in the desert than with a nagging, complaining wife."

How To Conquer Complaining

1. Admit it is a problem - for you

Proverbs 28:13 (LB) "A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance."

2. Accept Responsibility for my own life

As long as I can blame you, I don't have to deal with my problems

Proverbs 19:3 (GN) "Some people ruin themselves by their own stupid mistakes and then blame the Lord."

When I reap what I sow, I have no legitimate right to complain about the Results

3. Develop the attitude of gratitude

1 Thessalonians 5:18 (NIV) "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

You are not thankful for the circumstance; you can be thankful in the situation

Philippians 4:11 (NIV) "...I have learned to be content whatever the circumstances."

There are many, many people who would love to have your problems

4. Look for God's hand in circumstances

2 Corinthians 4:17-18 (GN) "This small and temporary trouble we suffer will bring us a tremendous and eternal glory, much greater than the trouble. So we fix our attention, not on the things that are seen, but on the things that are unseen. What is seen lasts only for a time, but what cannot be seen lasts forever."

The way you look at a situation determines your attitude

Complaining is in essence rebellion against God

5. Practice speaking positively

Ephesians 4:29 (NIV) "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Ephesians 6:4 (LB) "Don't keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with loving discipline...and godly advice."

As Christians we are to react differently to the circumstances in life

A complaining Christian is a bad witness; a positive attitude is a great witness and makes an impact in a negative world

My Next Step Today Is:

- I am asking God to help me overcome my complaining spirit
- I want to play in the summer New Hope co-ed volleyball league beginning Sun, July 12th
- I plan to attend the "Everyone A Reader" training Sat, July 18th
- I want to be baptized at the beach on Sun, August 2nd